

FREE...NO COST Health Consultation Program



You're Invited to Join Us
On Any One
of the Dates Listed!

WHERE: Dumont Senior Center
39 Dumont Avenue
Dumont, NJ

WHEN: 2ND / 4TH MONDAYS

TIME: 9:30 am-11:00 am

DATES FOR 2019:

Jan. 14/28	July 8/22
Feb. 11/25	Aug. 12/26
March 11/25	Sept. 9/23
April 8/22	Oct. 14/28
May 13	Nov. 11/25
June 10/24	Dec. 9/23

For more information call: (201) 387-5040

SERVICES INCLUDE:

- ◆ Health History Evaluation
- ◆ Blood Pressure Measurement
- ◆ Height and Weight
- ◆ Individualized Counseling and Education
- ◆ Referral and Follow-up
- ◆ Confidential Consultation with a Public Health Nurse

This program is made possible by the contract your local Board of Health holds with the Bergen County Department of Health Services for programs and services like these that are designed to meet the needs of residents.